



# Mindfulness For Your Well-being; Don't Just Do Something –Sit There

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# Faculty/Presenter Disclosure

- ▶ Faculty : Dr. Elisabeth Drance
- ▶ Relationships with commercial interests: Nil
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# Learning Objectives

The learner will be able to:

- ▶ Explain the role of mindfulness practice as a tool for health practitioner self care.
- ▶ Explain the difference between an informal and formal mindfulness practice.
- ▶ Explain the concept of Self Compassion and the benefits of cultivating its practice.
- ▶ Carry out a S.T.O.P practice
- ▶ Carry out a Self Compassion break
- ▶ Find resources for mindfulness skill development.





Is this  
you?  
At home?  
At work?

# Doing & Being - 2 modes of mind

Doing – “Get It Done”	Being – “Let Things Be”
Often automatic	Deliberate, on purpose
Works through thinking	Works through direct sensory experience
Focuses on past and future	Focuses on present moment only
Tries to avoid unpleasant experiences	Approaches unpleasant experiences with curiosity
Needs things to be different	Accepts things as they are
Takes thoughts/ideas as real	Takes thoughts to be mental events
Focuses on goal completion regardless of negative impacts	Sensitivity to wider needs than goals.



## Mindfulness training helps us to

- become more aware of which gear we are in - doing or being
- to disengage from the unhelpful mode of mind and to shift into a healthier one.

# ....So what is mindfulness?

Mindfulness is the awareness  
that arises when we

- ▶ pay attention
- ▶ to present moment experiences with
- ▶ openness and curiosity,
- ▶ Have a willingness to be with what is (non-judgment)

▶ Diana Winston – MARC-UCLA



# Mindfulness – not a concept but an experience

- ▶ “When you first become aware of something, there is a fleeting instant of pure awareness just before you conceptualize the thing, before you identify it. That flowing, soft-focused moment of awareness is mindfulness.”

▶ Bhante Gunaratana





# Growing Mindfulness

- ▶ Formal mindfulness practices
  - ▶ Mindfulness meditation
  - ▶ In-the-moment mindfulness practices
  - ▶ Mindful movement
- ▶ Day-to-day mindfulness practices
  - ▶ Everything.....eating mindfully, showering, dressing, brushing teeth, mindful communication

# Mindfulness Misconceptions

- ▶ Meditation is just a relaxation technique.
- ▶ Mindfulness meditation is running away from problems
- ▶ Doing mindfulness meditation makes me into a Buddhist
- ▶ “I’m not good at this. I can’t do it.”\*
- ▶ Mindfulness is about getting rid of our thoughts.
- ▶ “Why aren’t I feeling better? I’ve been meditating faithfully.”



*"We found this in your brain."*



3 minute  
breathing  
space



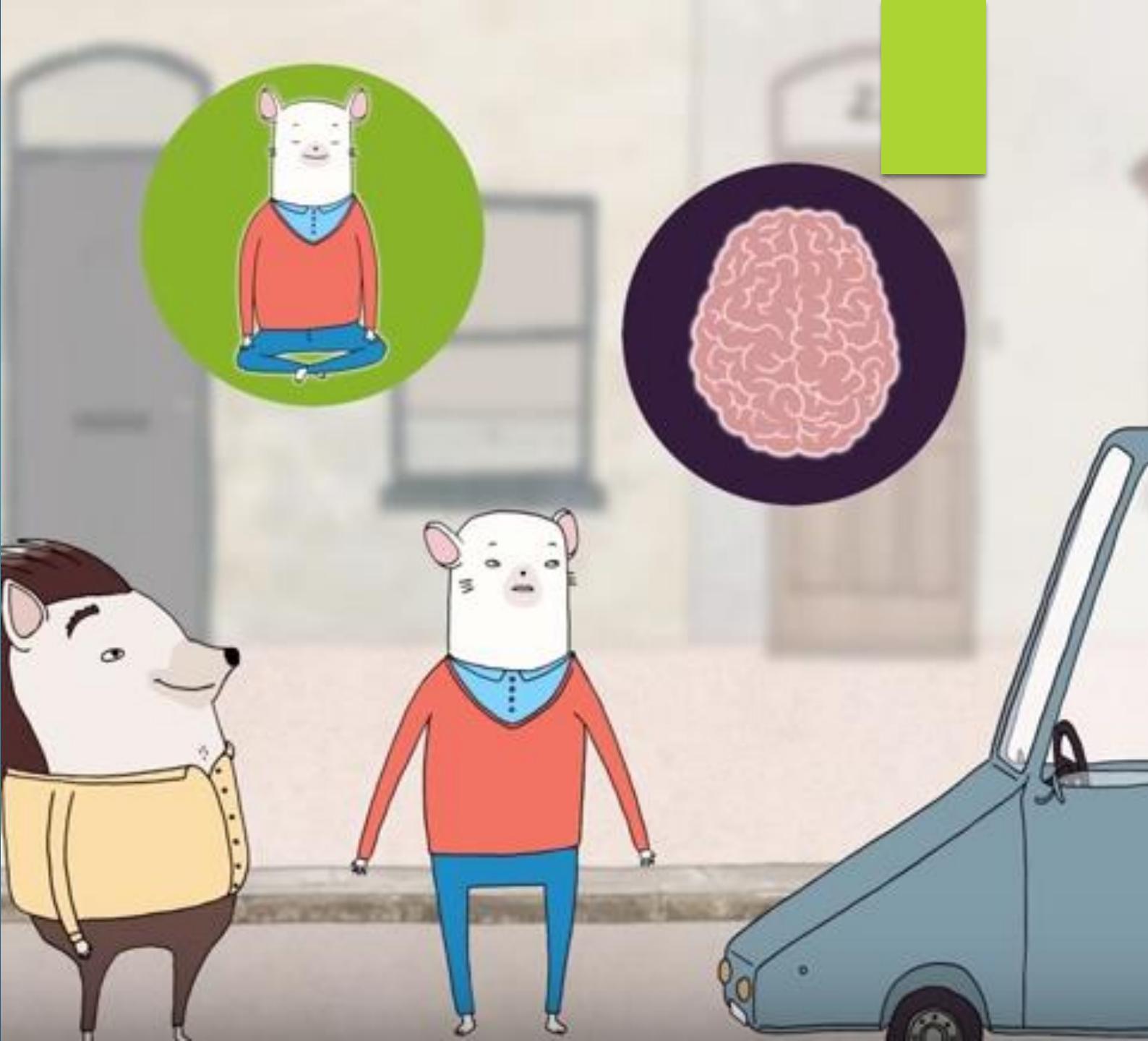


# Benefits of Mindfulness: Cognitive & Emotional

- ▶ Reduces stress
- ▶ Improves attention & focus
- ▶ Cultivates self-awareness
- ▶ Cultivates emotional regulation
- ▶ Helps reduce reactivity
- ▶ Improves relationships
- ▶ Brain health
- ▶ Reduces anxiety & depression

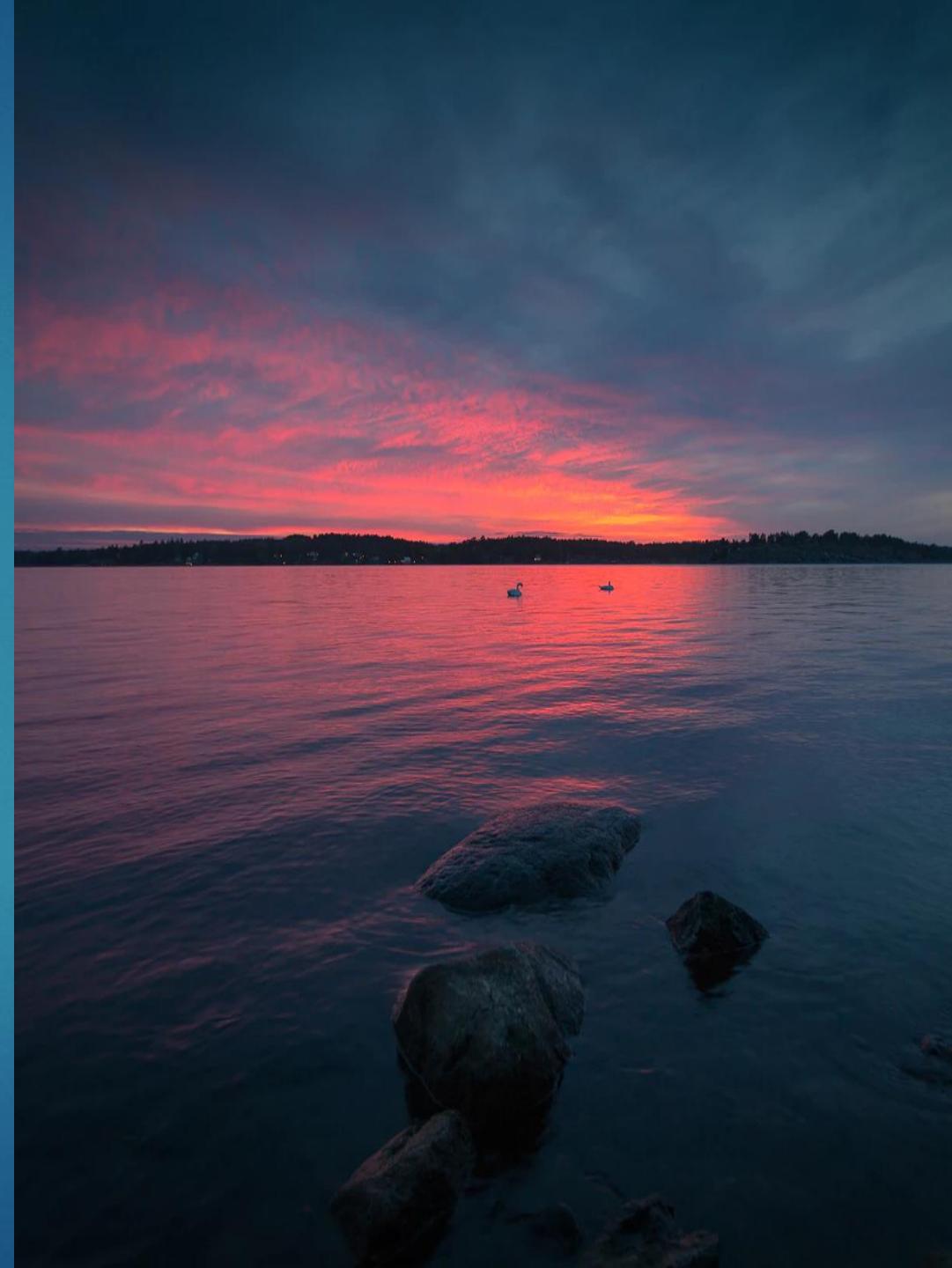
# Mindfulness is a superpower...

►<https://www.youtube.com/watch?v=w6T02g5hnT4&t=6s>



# Potential Physical Benefits of Mindfulness

- ▶ Improves life quality for people living with chronic pain
- ▶ Improved immune function
- ▶ Reduction in inflammation-related disease
- ▶ Can lower blood pressure





## Mindfulness and The Team:

- ▶ Decreasing stress & burnout
- ▶ Improved team communications

## Mindfulness and Care for the people we serve:

- ▶ Helps us to be present with our patients
- ▶ Improved connection with families
- ▶ Safer care delivery



# Taking a Sacred Pause: The S.T.O.P. practice



# S.T.O.P. Practice

- ▶ STOP whatever you are doing.
- ▶ Take a few deep breaths (count of 4 in and 4 out).
- ▶ Observe what is happening for you (Physical sensations, thoughts, and feelings ).
- ▶ Proceed with what most needs your attention right now.
- ▶ Praise yourself for taking the pause!



# The Two Wings of Living Well

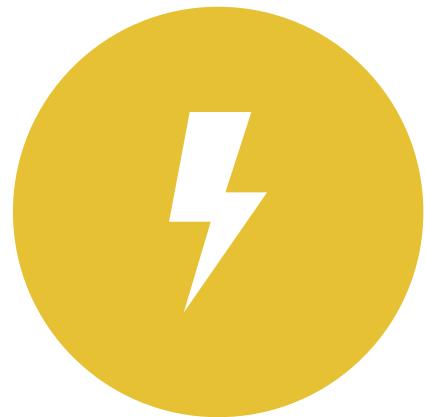




**"Self-compassion is simply giving the  
same kindness to ourselves that we  
would give to others."**

**~ Christopher Germer**

# Self Compassion leads to:



RESILIENCE – BOUNCING BACK  
FROM ADVERSITY OR FAILURE



REDUCED STRESS - REDUCES  
SYMPATHETIC TONE



INCREASED PRODUCTIVITY

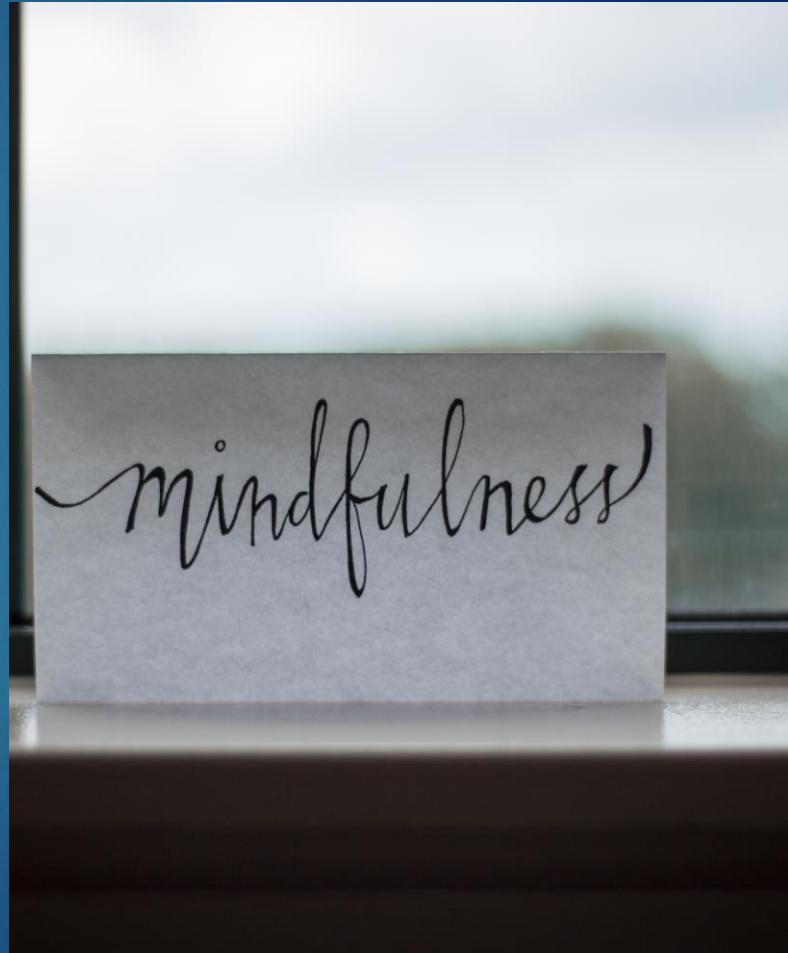


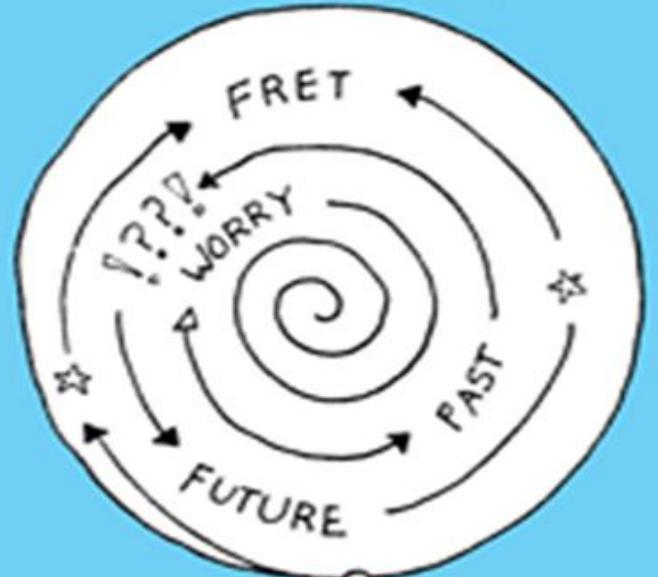
# Self Compassion Break

- ▶ Step 1. **Recognizing & acknowledging –**  
“This is a moment of suffering.”
- ▶ Step 2. **Suffering is part of the human condition –**  
“I am not alone. Other \_\_\_\_\_ (doctors, nurses, social workers, OTS.....) all over the world struggle with situations like this.
- ▶ Step 3. **Hand over heart – Kindness**  
“May I be kind to myself” “May I care well for myself”  
- Kristin Neff & Christopher Germer.

# Where to begin:

- ▶ Start small – 3 minute breathing space once a day
- ▶ Begin to practice S.T.O.P. and Self-Compassion Break
- ▶ Look for introductory mindfulness meditation classes or take
  - ▶ Mindfulness Based Stress Reduction
  - ▶ Mindfulness Based Cognitive Therapy
  - ▶ Mindful Self Compassion
  - ▶ Compassion Cultivation Training
- ▶ Download an app (most have free entry practices) – e.g.
  - ▶ Insight Timer
  - ▶ Headspace
  - ▶ 10% Happier





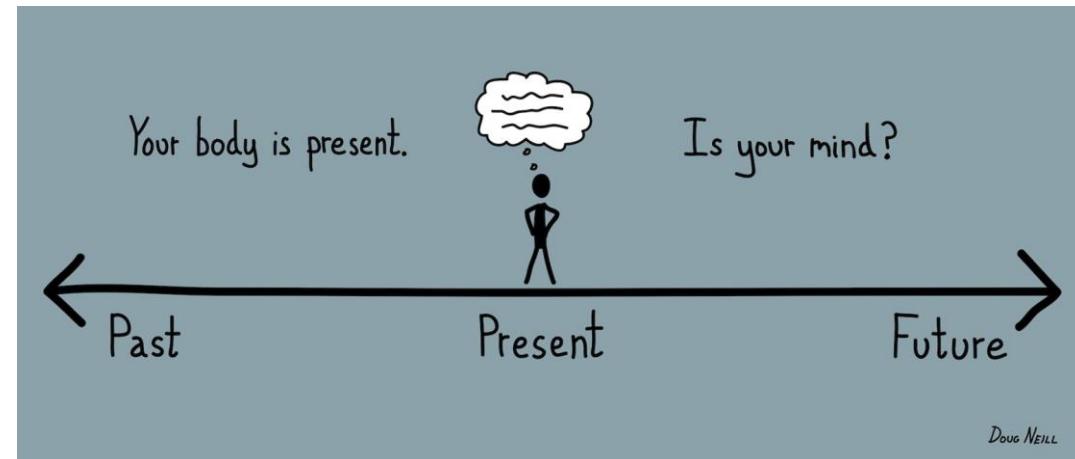
I REALIZE I'VE ONLY BEEN AT IT FOR FIVE  
NUTES, BUT MEDITATION ISN'T BRINGING ME T  
PEACE OF MIND I WAS PROMISED.

Meditation is simple but  
NOT easy...it's a skill!

That's why it's called  
mindfulness "practice"....

# Conclusion

- ▶ Mindfulness helps us experience life more fully by balancing doing and being mind
- ▶ Mindfulness helps reduce stress
- ▶ Mindfulness helps us be with our thoughts, feelings, and sensations with less judgment
- ▶ Mindfulness is supercharged by mindfulness meditation practice
- ▶ In-the-moment mindfulness practices can help us dealing with challenging situations.
- ▶ Self-compassion and mindfulness practices increase our resilience.



# I can honestly say....

- ▶ As a geriatric psychiatrist and a daughter to two parents living with dementia, I can honestly say I don't know where I would be without my practice.



# Examples of MindLESSness....

- ▶ Spilling things, accidents because of carelessness or thinking of other things
- ▶ Failing to notice physical discomfort, pain, tension
- ▶ Listening to someone while doing something else at the same time.
- ▶ Getting so focussed on goals you lose touch with what you are doing right now.
- ▶ Getting lost in your thoughts and feelings
- ▶ Being preoccupied with the future or the past.
- ▶ Doing several things at once rather than focussing on one at a time.
- ▶ Reacting emotionally in certain ways – feeling an emotion coming out of nowhere
- ▶ Daydreaming or thinking of other things when doing chores.
- ▶ Allowing yourself to get distracted.
- ▶ Eating without being aware of eating.
- ▶ Periods where you have difficulty remembering details of what happened